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HOUSEKEEPERS' CHAT

Friday, October 14, 1932

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(FOR BROADCAST USE ONLY)

Subject: "Olives and Vitamin A." Information from the Bureau of Home Economics, U.S.D.A.

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If you like olives, I've got some interesting news for you this morning--some last-minute news just out from the nutrition laboratory of the Bureau of Home Economics. Maybe you're like me. Maybe you've been thinking all these years that olives were just luxuries, fancy appetizers to tease the taste, cheerful little extras for Sunday dinner or a company meal.

Well, here's a nice surprise. The olive has come into it's own. It's not only a delightful appetizer. It's also a healthful food. Nutrition experts at the Bureau of Home Economics have been experimenting with olives lately and what do you suppose they've discovered? That olives are a rich source of vitamin A.

Now if you're well up on your vitamins, the very mention of vitamin A will make you look at an olive with new interest. But if you're hazy about the different vitamins and what they are good for--well, in that case we'd better take a little time to say a few words about this first vitamin in the alphabet.

Vitamin A is often called the fat-soluble vitamin. The vitamin experts report that you have to have a certain amount of this substance in your food for growth, for well-being at any age and for successful reproduction. What happens when you lack this vitamin in your diet? The experts answer: "A deficient supply of this vitamin leads to a weakening of the body tissues and increased susceptibility to bacterial infection, particularly of the epithelial tissues."

I'll explain that scientific statement by telling you what happened to animals in the laboratory who got plenty of food but food with no vitamin A in it. The rats without any of this vitamin in their food presently developed various ailments such as serious eye trouble, abscesses of the tongue, inflammation of the ears, sinuses, lungs, skin and so on. From these experiments the scientists believe that when such troubles occur in the human body they may be the result of too little vitamin A in the diet.

Although the body can store this vitamin to a certain extent for future needs, people of every age need an ample supply at all times. This is especially important for children, in order to safeguard them against serious infections in later life. You see, the period of growth when bodies are being built is the time to build healthy tissues that will resist infections later in life.

So remember that the child's diet needs plenty of vitamin A. And so does the diet of every mother both before and just after the birth of the baby. This of course is true of all the vitamins.

Is it any wonder that the nutritionists are always urging us to eat plenty of milk, butter and other dairy products as well as eggs, liver and leafy vegetables? These are the foods that are richest in vitamin A. And now we can add olives to that list--olives both ripe and green.

By the way, when you're considering olives in the menu, think of the good sandwiches, salads, scalloped dishes and sauces they'll make.

There. So much for olives and vitamins. Now let's plan our Sunday dinner. Another chicken dinner, if you please. This time of year is often a thrifty time for chicken dinners. Some of your fowls you may not want to keep over the winter. So now is the time to cook or can them. That reminds me. Sometime next week I'll pass on to you what the canning specialists have to say about canning chicken or other meat. Maybe we can talk about that on Monday? How about setting a date to talk about canning chicken on Monday?

But to get back to our Sunday dinner. We'll start off with clear tomato soup. Then Baked stuffed chicken; Sweet potatoes and pineapple, scalloped together; Buttered broccoli; Homemade pickles; Drop biscuits, and, for dessert, Spice cake and coffee.

Doesn't that sound good?

The Recipe Lady makes an especially fine clear tomato soup--. It's very easy. I've been wanting you to have the recipe ever since I tasted it. So here it is. And remember. This is a fine way to start a hearty meal, when you want something warm, flavorsome and colorful without much nourishment.

Ingredients? Here they are:

2 quarts of canned tomatoes	4 carrots
1 teaspoon of salt	6 stalks celery
1/8 teaspoon of pepper	1 onion
3 cloves	1 small green pepper
1/2 teaspoon of peppercorns	1/4 cup of tarragon vinegar and
	1 tablespoon of butter

I'll repeat those eleven ingredients (Repeat.)

Put the tomatoes, salt, pepper, cloves and peppercorns in a saucepan. Then add the vegetables, cut in small pieces, removing the seeds from the green pepper. Bring to the boiling point, then simmer for 15 minutes. Strain through a double thickness of cheese cloth, add the tarragon vinegar and the butter. Reheat and serve with a thin slice of lemon with chopped parsley on top in each cup of soup.

